

# Three Fold Training



Sayalay Susila



walking the Buddhist Path

## Not understanding the 4 Noble Truths

we continue to roam in the sea of births and deaths (Samsara).

## Sila (Morality) Training

As a lay person, we undertake to observe the 5 or 8 precepts. Why? To protect oneself and protect others.

### Five Blessings when we observe Sila.

Wealth will increase, good reputation, strong self confidence, peaceful death, reborn in happy states.

More importantly, Sila is the foundation for Samadhi (Concentration).

## Samadhi (Concentration) Training

Defined as one pointedness of mind or unification of mind. When we are successful in applying our mind on a single object without distraction, it will lead to neighborhood or absorbing concentration. You attained Jhana and able to suppress all the five hindrances. A concentrated mind is very powerful; it is possible to see millions of particles (kalapas) arising and passing away very quickly. Samadhi is the foundation for Panna (Wisdom).

## Panna (Wisdom) Training

When we see phenomenon arising and passing away so quickly, subjected to change, impermanent, there arouse dispassion . What is arising and passing away, what is subjected to destruction, what is subjected to suffering, you cannot say is I,

mine or myself. These formations appear to him as disintegrating, impermanent, disaster, bubble, mirage, delusion, empty and void - he starts to see things as they really are.



**Offering to Buddha is unmatched when Buddha said to Ananda**

*“Whenever the bhikkhu, bhikkhuni, layman or lay woman abides by the Dhamma, lives uprightly in the Dhamma, walks in the way of the Dhamma, is by such a one the Tathagata is respected, venerated, worshipped and honored in the highest degree.”*

*Great is the gain of concentration when it is fully developed by virtuous conduct, great is the wisdom when it is fully developed by concentration. Utterly free from the pain of lust, becoming and ignorance is the mind that is fully developed in wisdom.*

## Four Factors to become Stream Entry

Associate with the wise, listening to Dhamma, wise attention and practise in accordance with Dhamma.